



VOLUME 5, NUMBER 1

JANUARY 2007

Coming Events

LIGHT is pleased to announce our upcoming events for February to May 2007.

There is *no admission charge* for any of these events, but donations are gratefully accepted.

LIGHT Lecture Series

The talks, with discussion following, will be held on the first Tuesday of the month in February, March, April and May. Attendees are invited to a buffet starting at 6:30 p.m., with the talk to follow at 7:00.

Location: Charisma Restaurant
83D Sherbrook St.

Tuesday, February 6

Doug Staley: "Is Winnipeg a Spiritual Power Spot?"

(repeated by request from last October)

A multimedia lecture exploring the possibility that Winnipeg is an important 'power spot' on the North American continent. The lines of evidence will be considered through photographs, images, diagrams, maps and illustrations.

Douglas Staley is a researcher and statistician at St. Boniface hospital who has studied Western and Eastern spiritual traditions for many years.

Tuesday, March 6

Doug Tataryn: "Emotions, Individuality and Human Development: The Relevance of Deep Psychology to Spiritual Transformation"

This talk will apply the framework and insights of Bio-Emotive Integral Therapy to understanding the development of our individual sense of self over time. It will outline the general principles involved in the Healing journey which takes us from being victims of our accidental conditioned history, to consciously evolving human, and possibly spiritual, beings.

Dr. Douglas Tataryn is a clinical psychologist in private practice who works within an integral framework, acknowledging the behavioral, somatic, emotional, cognitive, and spiritual dimensions in his work with clients.

Tuesday, April 3

Marianne Johnson: "Mandalas: Images of Healing and Wholeness"

Through an illustrated lecture and guided visualization, the psychological meaning of mandala images is explored from a Jungian perspective as universal symbols of the Self archetype. In dreams and visions, mandala imagery points to themes of protection, healing, and spirituality in one's personal path toward individuation.

Dr. Marianne Johnson is a psychologist in private practice with long-standing interests in Jungian psychology, including two years of training at the C.G. Jung Institute in Switzerland.

Tuesday, May 1

Joan McLaren: "Everyday Practices in Working with Your Body As Your Subconscious Mind"

This presentation will discuss recent advances in working with molecules of emotion along with a series of everyday practices that will help you maintain the free flow of information that is the essence of a whole and healthy self.

Dr. Joan McLaren is a psychologist in private practice with a background in research and consulting. She also teaches a four level program in Tarot.

LIGHT Film Series

LIGHT will be presenting a series of films with spiritual themes once a month, starting in February, with discussion following.

Dates:

Sunday, February 18 - 7:00 p.m.

Steppenwolf (1974)

Based on the Hermann Hesse classic, this film is a masterpiece of psychological fiction. In the title role, Max von Sydow perfectly embodies the man who is torn between respectability and his wolfish, antisocial impulses.

Location: 85 Lenore St.

Sunday, March 18 - 7:00 p.m.

Little Buddha (1994)

The story of a young American boy who is believed to be the reincarnation of a revered Buddhist lama.

Sunday, April 1 - 7:00 p.m.

My Dinner With Andre (1981)

A dinner conversation between two men touches on the sublime, the ridiculous, and everything in between.

Sunday, May 13 - 7:00 p.m.

Dreams (1990)

This film, one of the last by the Japanese master Akira Kurosawa, is a vivid tapestry of dream landscapes.

Location (March, April, May):

Park Theatre

698 Osborne St.

Winnipeg's Emergence as a Spiritual Centre

Carl Jung used the term 'synchronicity' to describe a non-causal principle connecting people and events in meaningful ways. Consider the following series of intriguing events reflecting the dissemination of esoteric (or hidden) knowledge related to Winnipeg which occurred simultaneously in the fall of 2006:

- The *Winnipeg Free Press* published a two-week series of articles on the esoteric symbolism and meaning of the Manitoba Legislature building. The primary source and central character in the series was Frank Albo, an academic researcher associated with the University of Winnipeg.
- Concurrently, Winnipeg's community new age newspaper, *The Aquarian*, featured a front page interview with Victor Popow, Master of Templum Sion Lodge of Freemasons. Much of the interview was devoted to a discussion of the symbolism and

sacred geometry of the Legislature building. Interestingly, Victor is also closely involved in the research activities of Frank Albo.

- At the same time, Victor presented a standing room only talk at Charisma restaurant on December 5 as part of **LIGHT's** lecture series, entitled "Esoteric Symbolism of the Manitoba Legislature." Victor was introduced by **LIGHT** president Doug Staley, who had only recently met Victor.
- In early October, Doug had presented a **LIGHT** lecture and slide show at Charisma exploring the theme "Is Winnipeg a Spiritual Power Spot?" One of the major supporting arguments was the presence in the city of the Manitoba Legislature building, with its esoterically designed architecture and siting.

In the span of a few weeks, and quite independently, previously inaccessible

knowledge concerning the esoteric significance of Winnipeg and the Legislature building appeared in multiple public modalities. Was this an example of synchronicity or merely an interesting but meaningless coincidence? Why is the dissemination of this knowledge important at this particular time, as we enter a period which many spiritual teachers and traditions describe as pivotal in shaping the future destiny of humanity? Perhaps Winnipeg has a leading role to play as a centre of spiritual light, healing and transformation in the 21st century.

Because of the significance of this idea, **LIGHT** will be repeating the lecture "Is Winnipeg a Spiritual Power Spot" on Tuesday, February 6 at Charisma restaurant (see page 1). **LIGHT** friends are encouraged to attend the talk and share their insights, observations and experiences of Winnipeg's spiritual power with others.

LIGHT Website Update

Four new articles will soon be available on the **Writings** page of our website, in the "Spiritual Teachings" section. Each article features important ideas and quotations drawn from the world's most respected spiritual teachers and traditions. The four new articles are especially relevant to spiritual seekers who may be confused by the many groups, organizations and teachers claiming to be authentic representatives of Eastern and Western spiritual traditions. The basic information contained in these articles will help the serious seeker to navigate through this confusion and evaluate spiritual teachings and teachers from an informed perspective. The four documents are:

- Cults and Deteriorated Spiritual Systems
- Seeker After Truth
- Spiritual Exercises and Techniques
- Types of Spiritual Exercises

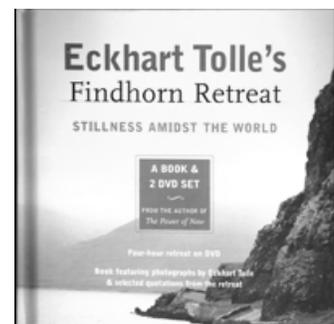
LIGHT is also pleased to announce two important additions to the Lending Library by contemporary spiritual teacher Eckhart Tolle. Tolle brings a refreshing approach to the human search for spiritual meaning in the 21st century with his gentle simplicity and penetrating wisdom.

Eckhart Tolle's Findhorn Retreat is a 2 DVD set recorded at a two-day retreat at Findhorn, the famous spiritual community in Scotland. Tolle uses humour and insightful depictions of everyday life situations to transmit his powerful teaching of spiritual transformation. A book accompanies the DVDs and contains inspiring photographs taken by Tolle interspersed with quotes selected from his talks.

In the Presence of a Great Mystery is a 3 CD set of recent talks by Eckhart Tolle which deal with the fundamental issues of

human life and the profound mystery of existence which is revealed in the transcendent state of spiritual enlightenment.

The library catalogue can be accessed through **LIGHT's** website. Select **About Us**, then **Lending Library**. In order to borrow books, journals, films or audiotapes you must be a current member of **LIGHT**. Items may be borrowed for up to two weeks and as many as five items may be taken out at a time.



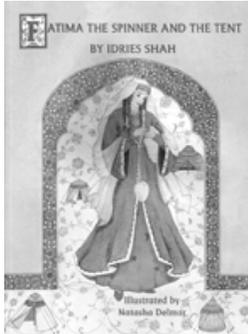
LIGHT Donation to the Winnipeg Public Library

LIGHT is planning to donate another series of children's books to the Winnipeg Public Library in the spring. Three titles have already been chosen, all of them by acclaimed Sufi writer and teacher Idries Shah. The first two books, which are wonderfully illustrated, are based on traditional teaching stories which not only entertain the young reader but also stimulate a deeper understanding of the experiences of life.

Fatima the Spinner and the Tent tells the story of Fatima, whose life is beset with apparent disasters as she journeys through many countries. Finally, in China, she realizes that what seemed at the time to be unfortunate events eventually led to her

fulfillment and happiness. In *The Man and the Fox*, a man tricks a young fox into believing he will give him a chicken. The fox gets trapped but through his ingenuity and perseverance he manages to escape.

The third title, *World Tales*, is intended for older children and can be enjoyed by adults as well. It is an anthology of classic folk tales representing virtually every culture in the world. Many of the stories are found in almost identical versions throughout



the world. For example, there are over 300 different versions of Cinderella; the one presented in the book is from the Algonquin Indians.

LIGHT hopes that the addition of these books to the Winnipeg library system will be a source of spiritual nourishment to the children of Winnipeg in the years to come. LIGHT was pleased to receive a recent report from Karin Borland, Administrative Coordinator of Youth Services, indicating that our previous donation of children's books in May 2006 to the library have been circulating at a robust rate and have "great appeal to library patrons."

A Mulla Nasrudin Celebration

LIGHT is planning a Mulla Nasrudin celebration in June to coincide with the Winnipeg International Storytelling Festival. Mulla Nasrudin is a traditional Middle Eastern folk hero who plays the role of a 'wise fool.' The Mulla is variously referred to as very stupid, improbably clever, or the possessor of mystical secrets. His humorous anecdotes convey a hidden wisdom as his role changes: he may be a sage, simpleton, teacher, husband, physician or beggar. Here is a sampling of some Mulla Nasrudin stories:

'I can see in the dark,' boasted Nasrudin one day in the teahouse.

'If that is so, why do we sometimes see you carrying a light through the streets?'

'Only to prevent other people from colliding with me.'

The Mulla's neighbour wanted to borrow his clothes-line.

'Sorry,' said Nasrudin, 'I am using it for drying flour.'

'How on earth can you dry flour on a clothes-line?'

'It is less difficult than you think when you do not want to lend it.'

'How old are you, Mulla?'

'Forty.'

'But you said the same thing last time I asked you, two years ago!'

'Yes, I always stand by what I have said.'

Nasrudin entered the teahouse and declaimed: 'The Moon is more useful than the Sun.'

'Why, Mulla?'

'We need the light more during the night than during the day.'

Nasrudin decided that he could benefit by learning something new. He went to see a master musician.

'How much do you charge to teach lute-playing?'

'Three silver pieces for the first month; after that one silver piece a month.'

'Excellent!' said Nasrudin. 'I shall begin with the second month.'

'How are you getting on with that memory-training course you got by correspondence, Mulla?'

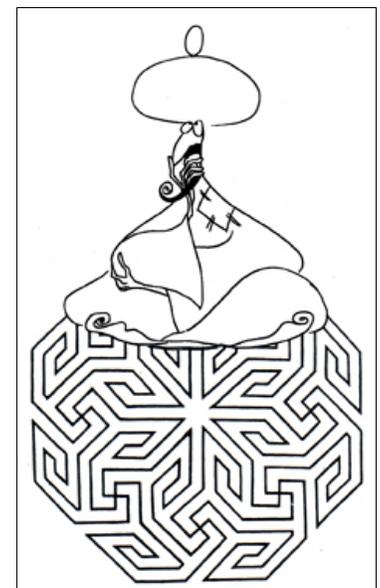
'I'm improving. Now I can sometimes remember that I have forgotten something.'

Nasrudin went into a bank with a cheque to cash.

'Can you identify yourself?' asked the clerk.

Nasrudin took out a mirror and peered into it.

'Yes, that's me all right,' he said.





LEARNING INSTITUTE FOR
GROWTH, HEALING AND
TRANSFORMATION

980 Dorchester Avenue
Winnipeg, Manitoba
R3M 0S1

Phone: (204) 453-2717
E-mail: info@lightinc.org
Website: www.lightinc.org

Directors

Richard Bredsteen
Tim Freeman
Douglas Staley
Ernie Strauss
Sharon Wisemyn

Newsletter Editor:
Ernie Strauss

Contributors to this issue:
Richard Bredsteen
Bobby Stahr
Douglas Staley

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and go to
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Beggars of Light

Beings become what they may,
fragile, lonely, sensitive,
and stronger over time,
creative, in rhyme,
we embrace, dance with chaos,
and the little life slips away,
a web of friends, ideas and work,
coalesce in light,
happiness and love,
are born from the people,
and the teachings continue to flow into
our lives,
let it be
these beggars of Light.

I dream of being on a long trek,
of coming out of a forest,
onto an exquisite body
of frozen water.
We are gliding across
in an absolute heavenly state,
the sky pulsates with color,
and the northern lights...
My partner suggests,
we are out of control,
we are heading towards the falls,
then we stop, at the edge,
we see the view,
we linger awhile
in these precious moments,
remember to smile...
See these light beings
as one with you,
the rich natural texture
of (y)our garden,
the tree spirits, the birds,
and the refugees,
soulful and bright,
carriers of the light...

In the shadows
we cope and do what we may,
distracted and attached,
in suffering, we surrender,
and learn to chip away,
let go, and be happy,
we become more whole,
we laugh, we cry, we love again these
beggars of Light.

I dream of a crystal clear river,
this is my home, the flow,
the clarity, and the depth,
refreshingly present,
its mantra rings in my mind,
watchful now, in the prairies
people are transiting
across the universe,
and courageously experiencing
adversity with humor and joy.

All along the bike trail,
softball and skates,
dogs are walked,
couples join children
playing on Earth's drum
in spacious sky,
we open to love
these beings of the night,
seeking the dawn,
the presence, the vision,
and the journey...
My soul sits still now,
divine is the mystery,
and the beggars of Light...

Richard Bredsteen

